



11 Days for Compassion

A Nonviolent Carbondale Initiative www.nonviolentcarbondale.org

All programs are free (unless fundraising) & located in Carbondale, IL.

April 1-11, 2017, explore compassion, dialogue, conflict resolution, and embracing diversity in our community.

Ongoing, April 1 – 11

Compassionate Community Teen

Photo Exhibit Carbondale Public Library, 405 W. Main St. Compassion-themed photos from area teens. Sponsor: Positive Youth Development Coalition, Carbondale Public Library, Southern Illinois Healthcare

Compassionate Community Photo

Exhibit Carbondale Civic Center, 200 S. Illinois Ave. Photos representing compassionate community action. Sponsor: Charlie Howe, Carbondale Community Arts, Carbondale Public Library

Unity in CommUnity Fast

Carbondale Interfaith Council members invite everyone to join them in a fast, in your tradition, sometime during the 11 Days to promote unity in our community. During your fast, please consider ways you personally can contribute to Carbondale being more unified in compassion. (See also, April 6 Fish Fry Fundraiser).

Sponsor: Carbondale Interfaith Council

Read "Twelve Steps to a

Compassionate Life" by Karen

Armstrong You are invited to the Carbondale Public Library's monthly Book Club to discuss this book on Wednesday, April 12 at noon.

Saturday, April 1

10am-2pm All Species Puppet Workshop.

Carbondale Main Street, 121 S. Illinois Ave. Create species, science, and planet puppets for the Earth Day All Species Puppet Parade. All ages welcome. Sponsor: Beloved Puppetistas

12pm-1pm Peace Coalition Monthly Vigil

Town Square Pavilion: Corner of Illinois Ave. (Hwy 51N) and Main St. (Hwy 13W). Theme: "What Does Compassion Look Like?" Public is invited to join. Signs provided, or bring your own. Sponsor: Peace Coalition of Southern Illinois/FOR

1pm-3 pm The Big Event, A Saluki Day of Service & Family Fun Fair. Superblock, 625 Lewis Lane. A large-scale volunteer effort for SIU students, plus free fun for all ages with health and safety-themed activities, games, prizes and giveaways. Sponsor: Jackson County Healthy Communities Coalition

1pm Nonviolent Direct Action Principles and Practice. Understory Kitchen, 216 N. Washington St. (next to WDBX). The founder of Shawnee Hills and Hollers will share her experiences with Nonviolent Direct Action, reflecting on methods for impacting consequential issues when traditional advocacy and protest fail. Sponsor: Peace Coalition of Southern Illinois/FOR, Understory Kitchen

Sunday, April 2

8am All People's Walk. Labyrinth Peace Park and Gaia House Interfaith Center, 913 N. Illinois Ave. Following a brief introduction, participants will walk the Labyrinth, then convene for refreshments and guided discussion to facilitate better understanding of community interactions with the goal of developing more compassionate connections with others. Sponsor: Labyrinth Peace Park Restoration Group, United Nations Association Southern Illinois Chapter

3pm "The Sultan and the Saint." SIU Law School Auditorium, 1150 Douglas Dr. A docudrama film about Muslim-Christian Peacemaking. Sponsor: Dr. Zahoor & Sumera Makhdoom, Carbondale Public Library, SIU Law Center, Carbondale Interfaith Council, Race Unity Group of Carbondale, AAUW

6pm Potluck and Healing of the Nations Prayer Service. Epiphany Lutheran Church, 1501 West Chautauqua Ave. A faith-based initiative. Potluck at 6pm (bring a dish and list of ingredients), Prayer Service at 7pm Sponsor: Epiphany Lutheran Church



Monday, April 3

5pm Human Relations Commission Meeting. Carbondale Civic Center, Room 103, 200 S Illinois Ave. The first half hour will include a presentation for Autism Awareness Month. The public is invited, and may leave afterward, or stay for the meeting. Sponsor: Human Relations Commission

Tuesday, April 4

10am Family-style Story Time Carbondale Public Library, 405 W. Main St. Children's books and activities exploring compassion and getting along. Sponsor: Carbondale Public Library

4pm-5pm Bystander Training for Teens Carbondale Public Library, 405 W. Main St. Teens will learn how to safely respond to conflict and stand up for others. Sponsor: Carbondale Public Library, The Women's Center of Carbondale

6:30pm Upstanders: Are You One? Lesar Law School Auditorium at SIU, 1150 Douglas Dr. Ralph Anderson Interfaith Dialogue program includes a panel discussion on being "Upstanders" with representatives from oppressed groups: Jews, African Americans, Muslims, LGBTQ. View WEAPONS OF THE SPIRIT film. Sponsor: Carbondale Interfaith Council

8pm-11pm Transpoetic Playground: Sexual Assault Gaia House, 913 N. Illinois Ave. A special poetry night for Sexual Assault Awareness invites spoken word performances on the theme. We all can help survivors and end sexual assault! Sponsor: The Transpoetic Playground, The Women's Center

Wednesday, April 5

3pm-4:30pm Intro to nonviolent communication. Gaia House Interfaith Center, 913 S. Illinois Ave. "Nonviolent Communication shows us a way of being very honest, without any criticism, insults, or put-downs, and without any intellectual diagnosis implying wrongness." — Marshall B. Rosenberg, PhD. Sponsor: Gaia House



Wednesday, April 5 Continued

5:30pm Preventing Ideologically Inspired Targeted Violence. Carbondale Public Library, 405 W. Main St. Junaid M. Afeef, J.D., Director of the Targeted Violence Prevention Program, Illinois Criminal Justice Information Authority will discuss prevention of violence against marginalized populations, followed by Q & A. Sponsor: Carbondale Public Library

Thursday, April 6

3pm-5pm Random Tokens of Kindness SIU Student Center Craft Shop, 1255 Lincoln Dr. Make Random Tokens of Kindness from clay. Take some with you to give to others as a reward for a kind act. Ask them to reward another for their kindness, and so on. Donations for materials accepted but not required. Sponsor: SIU Student Center Craft Shop

5:30pm-7pm Immigrants in our Community: What do we do, Where do we go from here? Center for Empowerment and Justice, 215 N. Washington St. Program presents personal stories, legal and policy perspectives, actions our community is taking or planning to address this impactful issue. Sponsor: Southern Illinois Immigrant Rights Project, United Nations Association Southern Illinois Chapter

7pm All People's Walk (see April 2 for details).



Friday, April 7

Friday, April 7 & Saturday, April 8, 9am-3pm Two-Day Restorative Practices Training Carbondale Township, 217 E. Main St. An in-depth look at peace-keeping techniques, communication skills, and conflict resolution skills used worldwide to promote constructive dialogue. Limit 10 participants. **Must attend both days.** Lunch provided.

Registration required at www.nonviolentcarbondale.org

Sponsor: Carbondale Public Library

12pm-6pm (and Saturday, April 8, 8am-1pm) 43rd Annual World Hunger Sale Hopewell Missionary Baptist Church, 400 E. Main St. Large sale: clothes, electronics, antiques, food, etc. Proceeds benefit Good Samaritan Food Pantry, Bethel AME's Food Kitchen, Victory Food Pantry, Senior Citizens' Meals, Women's Center, UNICEF, CROP, ECHO, Heifer International, & more. Sponsor: Church Women United

5pm- 7pm Fish Fry Fundraiser

St. Francis Xavier Church, 303 S Poplar St Celebrate breaking our fast together. All You Can Eat. Proceeds benefit various charities. Tickets available at the church office March 25-26; April 1-2. Adults \$9 in advance, .50 more at the door, children \$3. Sponsor: Carbondale Interfaith Council

6pm-8pm "Feed Your Neighbor" 5K run Turley Park, 1010 N. Glenview Dr. Proceeds benefit Good Samaritan House. Run or walk. Registration fees vary. Register at www.neighborhood.coop by March 30 if you want swag. Sponsor: Neighborhood Co-op

Saturday, April 8

8am-1pm World Hunger Sale (see 4/7)

10am All Species Puppet Workshop: Urban Hike Attucks Park, 800 N Wall St. (Meet at Shelter). Bring a magnifying glass to explore nature. Learn about many species who live around here. Have some fun with puppets too! All ages. Sponsor: Beloved Puppetistas

11:30am All People's Walk (see April 2 for details).



1pm- 5pm Human Library Carbondale Public Library 405 W. Main St. Participants check out a Living Book for a one-on-one or small group discussion. Living Books share their stories as members of groups that experience prejudice. "Subjects" include Native Americans, immigrants, veterans and more. Drop by to check out one Living Book or several. Sponsor: Carbondale Public Library, Carbondale Park District

3pm-6pm "Crash" Film and Discussion 1st Presbyterian Church, 310 S. University Ave. This poignant film tracks the volatile intersection of multiethnic characters, who all struggle with prejudice & fear. Followed by discussion of how we "crash" & how we can resolve these interactions better. Sponsor: 1st Presbyterian

Financial support provided by:

Southern Illinois GI Specialists/Dr. Zahoor & Sumera Makhdoom; Friends of the Carbondale Public Library; Carbondale Public Library Compassion Fund; Southern Illinois Healthcare; anonymous donations, Women's Club of Carbondale; Walmart; Sponsors may also incur program expenses.

Sunday, April 9

3pm-5pm Race Unity Fishbowl and Interactive Dialogue. Newman Center, 715 S. Washington St. The Race Unity Group of Carbondale will share their experiences, what they've learned about themselves and one another in their monthly meetings over the past year. This will be followed by small group dialogues about race relations, facilitated by Race Unity Group members. Sponsor: Race Unity Group of Carbondale

11:30am (all ages); 12:15 (women) Hymns of Love and Kindness. The Church of Jesus Christ of Latter-day Saints, 7168 Old Hwy 13

Faith-based hymns will be taught and sung. Sponsor: Relief Society of The Church of Jesus Christ of Latter-day Saints Carbondale Ward

1pm-2:30pm "The Quran:" The Environment for Developing and Maintaining Compassion Masjud An-Nur/Carbondale Muslim Center 530 N. Wall St. Faith-based presentation on the Quran's recurring theme of Compassion. Sponsor: Carbondale Muslim Center

Monday, April 10

6:00 p.m. – 8:00 p.m. Face 2 Face: A Dialogue of Compassion. Longbranch Cafe 100 E Jackson St. Boys and Girls Club of Carbondale Teens will formulate a panel of teens and adult community members to discuss how teens and adults can work together to build a community of compassion. Sponsor: Boys and Girls Club of Carbondale, Carbondale Park District

Tuesday, April 11

11:30am-1:30pm Compassionate Response: Mental Health First Aid First Christian Church, 306 W. Monroe St. In-service provides an overview of local referral sources for mental health treatment, guidance for appropriate compassionate responses to mental health crises, and some basic "mental health first aid." Lunch provided. Sponsor: Sparrow Coalition

7pm Step Into My Shoes: Theater Games and Improv for Understanding

Cristaudo's, 209 S. Illinois Ave. Discover what we have in common through fun theater games and improvisation! Open to kids and adults regardless of previous acting experience. Improv is for everyone!

